



## 2005 ARMED FORCES MEN'S AND WOMEN'S MARATHON CHAMPIONSHIP

1. **COMPETITION RULES:** Current IAAF Rules, as amended by the Armed Forces Sports Committee (AFSC), if applicable. The Armed Forces Championship is conducted in conjunction with the Marine Corps Marathon.
2. **COURSE DISTANCES:** CISM/ Olympic Distance: 26.2 miles
3. **SCORING:** Team standings are determined by adding the raw chip times of the top three male finishers and top female finisher from each team. The team with the lowest total time wins.
4. **TIE BREAKER POLICY:** Time of first non-scorer for each team (Either the fourth male or the second female).

6. **SCHEDULE OF EVENTS:**

Day One		Teams Arrive
Day Two	0930	Organizational Meeting
	1000	Registration
	1100	Trailing Time
Day Three	1600	Team and individual Photos
	1630	Ice-Breaker
	1730	Pasta Dinner
Day Four	0830	Competition Commences
	1200	Awards Ceremony
Day Five		Teams Depart

Note: Times and dates of events may change as determined by the competition organizers.

7. **TEAM STANDINGS:** See paragraph 3.

**8. AWARDS:**

a. Individual: Awards are given to the top three finishers in the men's and women's divisions.

b. Team Award: Individuals awards are given to each member of the first place team (to include the OIC).

**9. TEAM COMPOSITION - ARMED FORCES CHAMPIONSHIP:** Team points and awards will only be awarded to official Service Team members. Roster not to exceed 9 individuals:

5 Men

3 Women

1 OIC

**10. TEAM COMPOSITION - CISM:** Based on current CISM guidelines.